

Salmon Burgers and Sweet Potato Oven Fries

Rating: ★★★★★

Prep time: 15 minutes

Makes: 4 Servings

A colorful, casual meal that's surprising simple to prepare.

Ingredients

For the Sweet Potato Oven Fries:

4 large sweet potatoes (yams)

1 1/2 tablespoons canola oil

1 tablespoon lemon pepper seasoning blend

For the Salmon Burgers:

1 can 14.75-ounce pink or red salmon

2 green onions, chopped

1/2 cup chopped red bell pepper

8 crackers, unsalted tops (saltine-like), crushed

2 teaspoons lemon juice

2 Egg whites from 2 eggs, whisked

2 tablespoons plain low-fat yogurt

1/4 teaspoon ground black pepper

cooking spray

4 whole-wheat buns

Bibb Lettuce (8 leaves)

2 medium tomatoes (sliced)

Directions

1. Place oven rack in center, heat oven to 425 °F.
2. Wash and scrub sweet potatoes, slice into wedges, length-wise.
3. In a large bowl, toss potato wedges with canola oil and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	490	
Total Fat	14 g	22%
Protein	25 g	
Carbohydrates	69 g	23%
Dietary Fiber	11 g	44%
Saturated Fat	2 g	10%
Sodium	590 mg	25%

MyPlate Food Groups

Vegetables	1 cups
Grains	2 ounces
Protein Foods	3 ounces

seasoning.

4. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes.

5. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake.

6. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt.

7. Shape into 4 patties.

8. Coat large nonstick skillet lightly with cooking spray; heat.

9. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown.

10. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries.

Notes

Serving Suggestions: Serve with a glass of 100% berry juice blend.

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